

# PANHANDLE HEALTH DISTRICT 2007 ANNUAL REPORT



## Mission

*To prevent disease, disability and premature death; to promote healthy lifestyles; and to protect the health and quality of the environment.*

## Board of Health

Shoshone



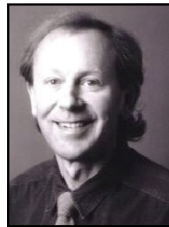
Sharon Connors

Bonner



Dale Van Stone

Kootenai



Dr. Richard  
McLandress

Benewah



Marlow Thompson  
Chairman

Kootenai



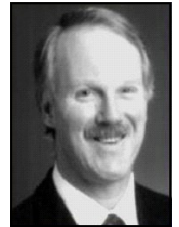
Chris Beck  
Vice Chairman

Boundary



Walt Kirby

Bonner



Allen Banks, Ph.D

## County Commissioners

### Benewah County

Chairman Jack Buell  
Bud McCall  
Terry Doupe'

### Bonner County

Chairman Lewis Rich  
Joe Young  
Todd Crossett

### Boundary County

Chairman Ron Smith  
Dan Dinning  
Walt Kirby

### Kootenai County

Chairman Rick Currie  
Rich Piazza  
Todd Tondee

### Shoshone County

Chairman Sherry Krulitz  
Jon Cantamessa  
Vince Rinaldi

# FORMULA FOR SUCCESS



**Jeanne Bock**  
PHD Director

## **Vision + Ingenuity + Collaboration = Positive Public Health**

The ballots are in and water is the winner. Panhandle Health District proposed water resource protection measures in 2007 and northern Idaho residents expressed overwhelming support. Elected officials and government agencies answered the clarion call with collaborative efforts that led to gratifying successes:

- Activation of the state's first Aquifer Protection District in Kootenai County;
- An end to direct residential wastewater discharges into Shoshone County's Canyon Creek;
- The birth of a movement to upgrade septic flow standards statewide.

The partnerships proved healthy and effective and promise a positive future for public health in the five northern counties.

It'll take collaborative efforts to contain West Nile virus when it finally lands in northern Idaho. Already, county commissioners and governmental agencies are working with PHD to prepare for West Nile as well as a pandemic flu. In 2007 with pandemic flu in mind, PHD bought Mapstorm, a Web-based emergency notification system, for the five northern counties. Kootenai County agreed to house and maintain the system. PHD also joined the state's other health districts in purchasing the Previstar information coordination program that will enable PHD and other agencies to work together to coordinate responses to crises.

PHD's partnerships also included the public. Public support of the Susan G. Komen Breast Cancer Foundation's Race for the Cure enabled PHD to offer breast and cervical screening to women with little or no insurance and get them the help they need. Public volunteers enabled PHD's Fit and Fall Proof fall prevention program to reach more than 300 seniors.

Collaboration was a powerful vitamin for public health in 2007, but PHD's Home Health program excelled on its own. For the third consecutive year, Home Health won a national award for healthcare service quality from Avatar International Inc. It was a phenomenal year for public health in the five northern counties, proving that vision, collaboration, ingenuity and hard work offer solutions for even the greatest challenges.

## **Public Health Team**



### **Tanya Chesnut, Director of Health Promotion Division**

- **Women, Infants and Children (WIC)** Program - Nutrition Education, Supplemental Foods Program
- **Health Promotion** - Diabetes Awareness, Idaho Physical Activity and Nutrition Program, Injury Prevention, Tobacco Prevention and Education, Asthma Prevention and Control
- **Child Care** - Child Care Resource Center, Child Care Inspection and Investigation Program



### **Mary DeTienne, Director of Home Health Division**

- Home Health Care, Health Maintenance, Senior Companions



### **Jim Fenton, Director of Fiscal Division**

- Financial Management, Purchasing, Contract Management, Risk Management



### **Dale Peck, Director of Environmental, Response and Technology Division**

- **Environmental** - Food Inspections and Permits, Sewage and Solid Waste, Indoor Air Quality, Public Pools, Public Water Systems, Land Development
- **Information Technology** - Information Systems, Telecommunications, Applications Support and Training
- **Preparedness** - Preparedness Planning, Readiness Assessment, Safety, Public Information

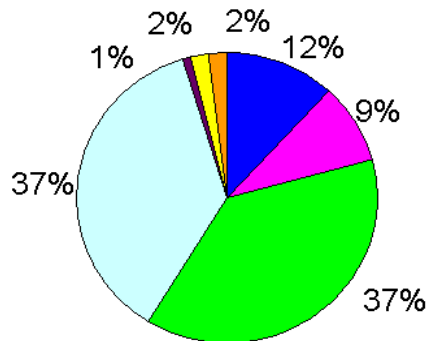
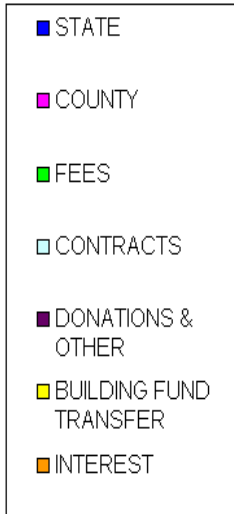


### **Lora Whalen, Director of Family and Community Health Division**

- **Clinical Services** - Family Planning, STD Testing and Education, Women's Health Check, Susan G. Komen Breast Cancer Screening, Infertility Prevention Project, Pregnancy Testing
- **Epidemiology** - Communicable Disease and Foodborne Illness Epidemiology, Disease Surveillance, Tuberculosis Control, HIV/STD Epidemiology and Partner Notification, Health Alert Network
- **Immunizations** - Childhood and Adult Immunizations, International Travel Immunizations, Immunization Registry
- **Family Services** - Child Find, Helping Hands Medical Access, Infant/Toddler Home Visiting Program

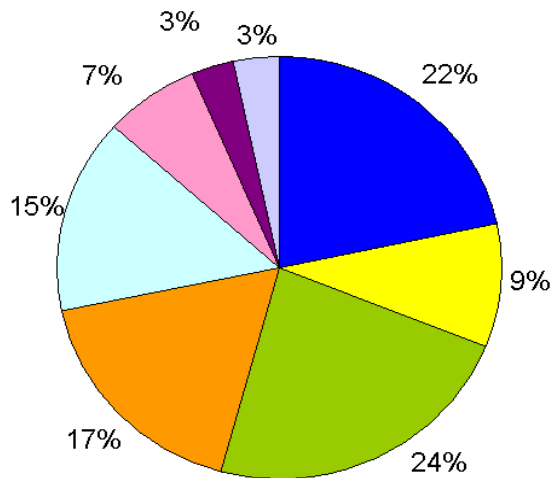
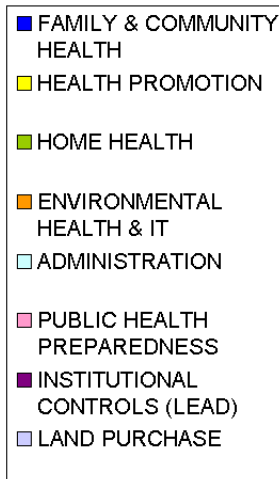
# FINANCES

## 2007 Actual Revenue



State	\$	1,364,600	12%
County		993,632	9%
Fees		4,271,649	38%
Contracts		4,147,504	37%
Donations & Other		86,306	1%
Building Fund Transfer		250,000	2%
Interest		205,505	2%
<b>Total</b>	<b>\$</b>	<b>11,319,196</b>	<b>100%</b>

## 2007 Actual Expenditures



Family and Community Health	\$	2,482,880	22%	Personnel	\$	7,612,889	67%
Health Promotion		1,070,146	9%	Operating		3,094,543	27%
Home Health		2,632,624	24%	Capital		694,816	6%
Environmental Health & IT		1,973,414	17%				
Administration		1,710,393	15%				
Public Health Preparedness		806,289	7%				
Institutional Controls		335,833	3%				
Land Purchase		390,669					
<b>Total</b>	<b>\$</b>	<b>11,402,248</b>	<b>100%</b>	<b>Total</b>	<b>\$</b>	<b>11,402,248</b>	

# TOP PRIORITY: COMMUNITY HEALTH

## **Responsibility:**

**Monitoring  
health status  
and understand-  
ing health issues**

**West Nile virus tore through Idaho in 2006 but spared the five northern counties. To protect the community in 2007, PHD:**

- Presented 21 educational programs to senior centers, school nurses, business organizations, community centers and more.
- Set 118 mosquito traps and tested 87 mosquito pools through the first frost.
- Coordinated public information with Idaho Fish and Game and the state Dept. of Agriculture and consulted with county commissioners regarding mosquito abatement.
- West Nile virus spared northern Idaho again.

*"We are gearing up for West Nile virus season. Now is the time when mosquitoes begin hatching," said Dave Hylsky, environmental health specialist for the Panhandle Health District. "People need to take responsibility for reducing mosquito habitat around their homes." Coeur d'Alene Press, May 2, 2007*

**The U.S. Dept. of Health and Human Services reports that elevated levels of uranium could cause children minor kidney problems. PHD advises:**

- Mount Hall Elementary School and about 40 neighboring households in Boundary County to use bottled water because of elevated uranium levels.
- That uranium-containing rock natural to the area the Mission Creek Water System serves may explain the high levels in the water.
- Residents of Mission Creek area to test their private wells for uranium levels.

**Susan G. Komen Race for the Cure funds and Women's Health Check enabled PHD to:**

- Diagnose 14 breast or cervical cancers in 2007 and
- Receive federal aid for treatment of patients diagnosed with breast and/or cervical cancer.

*"I tell everyone I talk to to go to the Panhandle Health District and get their tests. I wouldn't have known without them." Lisa Bridge, breast cancer survivor*

**PHD's Home Health program won a national award for healthcare service quality for the third consecutive year. Avatar International Inc. a leading consulting, service and research firm that surveys patient satisfaction in health care, honored PHD for surpassing patient expectations. Patients praised PHD's high quality nursing staff and personal care staff and said that they consistently receive respect from the home care staff.**

## **Responsibility:**

**Protect people  
from health  
problems and  
health hazards**

**PHD purchases the Mapstorm Emergency Notification System to reach Panhandle residents more quickly with emergency information. The Web program:**

- Places 2,900 30-second calls per hour.
- Transmits messages to landlines, cellphones and pagers and as FAXes and e-mails.
- Selects message recipients by map location or group listing.
- Collects responses and information from each call.
- Is housed in the Kootenai County 911 center.

**PHD's Environmental Health division provides the public easy access to food inspection results in the five northern counties on PHD's Website, [www.phd1.idaho.gov](http://www.phd1.idaho.gov). The site includes:**

- 1,250 food establishments
- Reports on food storage temperatures, personal hygiene, cleanliness of equipment, cooking procedures and source of food.
- The number and type of violations with explanations.



**PHD's Health Promotion division is awarded a \$5,000 grant from State Farm to:**

- Install child safety seats properly and free for the public.



# TOP PRIORITY: COMMUNITY HEALTH

**Methicillin-resistant Staphylococcus aureus (MRSA) frightened northern Idaho residents after the national media named the ubiquitous bacteria the “superbug.” PHD:**

- Held a town hall meeting to answer all the public’s questions and concerns and created educational packets for every northern Idaho school district.
- Reminded people via the media and the PHD Website that prevention begins with good hygiene.
- Consulted with school nurses and responded to 60 calls from the public.

## **Responsibility:**

**Giving people the information they need to make healthy choices**



**Gonorrhea rates in the five northern counties are three times higher in 2007 than the average number of cases in the five previous years. PHD:**

- Designs an eye-catching prevention poster and distributes it to bars, health clubs and gathering sites.
- Enlists the media to remind people that multiple casual relationships are risky for infection; mutually monogamous relationships are safer.
- Alerts physicians to the rapid rise to raise their awareness and vigilance.

## **PHD’s Public Health Preparedness:**

- Sponsors Sesame Street with a year of health messages for kids.
- Conducts 31 pandemic flu workshops reaching 1,521 participants.
- Promotes good hygiene--covering your cough, sneezing in your sleeve, washing your hands--at local safety fairs and at school open houses to reduce the potential spread of illness.
- Adds 24 new members to the volunteer Medical Reserve Corps, pushing its total membership close to 1,400.



## **Responsibility: Engaging the community to identify and solve health problems**

**PHD’s Public Health Preparedness program helps the Coeur d’Alene Tribe practice disaster medication distribution in Plummer. The exercise:**

- Included more than 200 volunteers serving as patients and response workers.
- Taught local residents that the Coeur d’Alene Tribal Wellness Center is the location to receive medications during a disaster.
- Motivated the Tribe to create a disaster medication distribution plan it can activate at a moment’s notice.
- Gave the Tribe confidence that it could channel 10,000 people through its medication distribution center in two days during a crisis.

**Thirteen people participate in PHD’s first free Colorectal Screening Day to help reduce the high rates of colon and/or rectum cancer in the five northern counties. PHD offered the service because:**

- Idaho ranks 48th in the nation for the number of residents who undergo screening to prevent colorectal cancer.
- PHD leads the Colorectal Cancer Screening Coalition determined to raise screening rates in the five northern counties.
- Colorectal cancer deaths are preventable with screening and early diagnosis.

## **Responsibility:**

**Developing public health policies and plans**

**PHD moves to protect and preserve water quality in the five northern counties by proposing higher size standards for residential septic systems. The proposal:**

- Raises septic standards from among the lowest in the nation to the middle.
- Is on track for the 2009 Legislature.

# Top Priority: Community Health



## **Responsibility:** Enforcing public health laws and regulations

PHD's Environmental Health division collaborates with the Idaho Department of Environmental Quality and Shoshone County commissioners to:

- Correct a decades-old practice of Burke Canyon homes discharging wastewater directly into Canyon Creek in violation of state standards.
- Help 30 Burke Canyon residents upgrade their septic systems.
- Improve water quality, public health and the standard of living in Burke Canyon and stimulate revitalization of the area.

*"We need to let these government officials know we really appreciate their help. To me, it was an answered prayer."* Fred Stepro, Burke Canyon resident. Spokesman Review, Dec. 2, 2007

## **Responsibility:** Helping people receive health services

**PHD's Home Health division starts using telemonitors, compact devices that:**

- Help patients check their vital signs at home with no nurse present.
- Transmit the vital signs results via computer to Home Health nurses.
- Enable nurses to monitor even remote patients daily and respond quickly to problems.
- Enlist patients' participation in their health care.
- Allow nurses to devote more quality time to patient care.
- Are cutting edge in home health care in northern Idaho.



*"She gave us lots of new resources we didn't know about..."* Justine Moore speaking about Home Visiting Nurse Theresa Hylsky.

**PHD's Home Visiting Nurse program receives more than 100 referrals each year in the five northern counties. Families are referred for parenting support and/or to reduce the risk of abuse or neglect. Referrals include families with medically fragile or developmentally delayed infants or toddlers. PHD nurses visit families to:**

- Improve parent/child interaction and successful bonding and attachment.
- Provide developmental screening and monitoring.
- Provide parenting education, support, community resources and referrals.
- Reduce the risk of child abuse and neglect.

**PHD's Women, Infants and Children (WIC) program reaches more than 45,000 clients in the five northern counties with nutrition education, health screening and supplemental nutritional foods. Federal grants that support the WIC program through PHD:**

- Pumped \$3 million back into the Panhandle economy in 2007.
- Bought supplemental food, such as milk and cheese, for thousands of infants, children up to age 5 and pregnant women.

# Top Priority: Community Health

## **Responsibility:**

### **Maintaining a competent public health workforce**

- More than 1,000 Family and Community Health training hours in women's health, date abuse, AIDS/HIV, thyroid disorders, smoking cessation, depressions and anxiety, teen behaviors, contraception and more.
- More than 150 hours in budgeting, fiscal management and grant administration.

## **PHD staff participates in:**

- 16 Public Health Preparedness exercises designed to practice emergency response procedures.
- 580 Home Health training hours in dementia care, wound care and more.



Exercising an emergency command post set-up

## **Responsibility: Evaluating and improving programs and interventions**

**PHD began construction in October** on a new larger office in St. Maries for Benewah County residents. The need for public health services had outgrown the current PHD facility. The new building will open in summer 2008.



## **The new PHD office in St. Maries:**

- Is two stories and 9,575 square feet.
- Between Eighth and Ninth on Center. St.
- Costs \$2 million to build.
- Includes a generous parking area and a community meeting room that could serve as an emergency operations center.
- Will offer greater customer service.

**A state grant enables PHD to offer Rapid HIV tests that produce results in about 15 minutes. The new tests are part of PHD's effort to reverse the dropping numbers of people testing. To encourage more testing and safer lifestyles, PHD also launched a media campaign to raise awareness of the need for HIV testing and lowered the price of tests. Rapid HIV tests:**

- Are similar to pregnancy tests, but use blood instead of urine.
- Are followed with a second test when results are positive.
- Motivate testing, which reduces the risks of patients unknowingly spreading HIV.

CAN YOU TELL WHO HAS...	KNOW the FACTS!
	→ Preventable
	→ No cure if caught
	→ Invisible
	→ Hidden Symptoms
	→ Detected by test only

Benewah Health District offers HIV test results in as little as 15 minutes!  
For an appointment call 415-3270  
CDC National HIV and AIDS Hotline 1-800-458-5231 or 1-800-277-0822  
Benewah Health District 400 N. Main Street, St. Maries, Idaho 83857

## **Responsibility: Contributing to the evidence-based practice of public health**



**The Fit and Fall Proof program helps seniors prevent falls with regular strengthening exercises. The free classes are so popular that more than 300 seniors in the five northern counties participate. Why? Because:**

- They make friends and watch out for each other..
- Senior volunteers run the classes.
- Participants gain strength, balance and coordination and often lose weight.
- Many seniors regain confidence to travel, garden and more.

**PHD studied three groups this year to document the benefits of the Fit and Fall Proof program. The results will go to Boise State University to supply data for an evidence-based program.**



# TOP PRIORITY: COMMUNITY HEALTH

## Panhandle Health District

8500 N. ATLAS RD. HAYDEN (208) 415-5100

PHD ON THE WEB AT [WWW.PHD1.IDAHO.GOV](http://WWW.PHD1.IDAHO.GOV)



PHD works with dental practices to prevent decay and teach children good dental hygiene.

### PHD at Work For Public Health



PHD's award-winning Home Health program enables people to recover at home under the care of skilled nurses.

PHD staff learns how to don personal protective equipment to enable them to keep working during a public health crisis.



Board of Health Chairman Marlow Thompson and PHD Director Jeanne Bock award employees for 20 years of service.



PHD employees learn about the natural plants and environmentally-sound landscaping practices at the PHD site in Hayden.



## Panhandle Health District Offices

**Boundary County**  
(208) 267-5558  
7402 Caribou  
Bonners Ferry, ID 83805

**Bonner County**  
(208) 263-5159  
1020 Michigan  
Sandpoint, ID 83864

**Benewah County**  
(208) 245-4556  
711 Jefferson  
St. Maries, ID 83861

**Kootenai County**  
(208) 415-5100  
8500 N. Atlas Rd.  
Hayden, ID 83835

**Shoshone County**  
(208) 786-7474  
114 Riverside  
Kellogg, ID 83837